






eatTHISdiet Weekly Menu Plan

Week Two	Breakfast 	Lunch 	Dinner 	To Do
Sunday	Blueberry Buttermilk Pancakes with 2 tsp. Take Control margarine and 1 Tbsp. Maple Syrup	1 Oz. 2% Swiss Cheese with 1/2 of the cognac and mushrooms on 1 slice bread (Sandwich)	Butternut Squash Risotto	Make Eggplant Soup
Monday	Blueberry Muffin, Fruit	1 serving Eggplant Soup with small Caesar Salad	Philly Cheese Steak	
Tuesday	Cereal with 1/2 cup 1% milk, Fruit	1/2 serving Butternut Squash Risotto, Fruit	Seared Tuna with Sake-Wasabi Sauce, Purple Sticky Rice	Make Scallop Butter
Wednesday	Blueberry Muffin, Fruit	1 serving Eggplant Soup with small Caesar Salad	Scallops Wine & Herbed Butter, 1 ounce bread, Pan Grilled Asparagus	Freeze Extra Butter
Thursday	Blueberry Muffin, Fruit	1/2 serving Butternut Squash Risotto, Fruit	Broccoli Cheese Soup, Caesar Salad	
Friday	Bagel with 1 ounce Low-fat cream cheese, Fruit	1 serving Eggplant Soup with small Caesar Salad	Beef Stew	
Saturday	Cereal with 1/2 cup 1% milk, Fruit	Broccoli Cheese Soup	2 ounces Pasta with Tomato Sauce 1/2 ounce Parmigiano-Reggiano, Pan Grilled Broccoli	Puree the tomato sauce and freeze 2 1/2 cups